



EatingWell®

Asparagus Salad Topped with Poached Eggs

EatingWell Best Easter Recipes

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EatingWell Deviled Eggs

Makes: 24 servings

Active time: 20 minutes **Total:** 20 minutes

To make ahead: Cover and refrigerate for up to 1 day.

☐ Heart Health ☒ Diabetes ☐ Weight Loss ☒ Gluten Free

Deviled eggs are a perennial potluck favorite. Our recipe replaces some of the egg yolks with nonfat cottage cheese—keeping the filling velvety and rich while reducing some of the fat. No one will know the difference.

- 12 large hard-boiled eggs (see *Tip*), peeled**
- $\frac{1}{3}$ cup nonfat cottage cheese**
- $\frac{1}{4}$ cup low-fat mayonnaise**
- 3 tablespoons minced fresh chives or scallion greens**
- 1 tablespoon sweet pickle relish**
- 2 teaspoons yellow mustard**
- $\frac{1}{8}$ teaspoon salt**
- Paprika for garnish**

1. Halve eggs lengthwise with a sharp knife. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves). Add cottage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth.

2. Spoon about 2 teaspoons yolk mixture into each egg white half. Sprinkle with paprika, if desired.

Per serving: 34 calories; 2 g fat (1 g sat, 1 g mono); 71 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 3 g protein; 0 g fiber; 85 mg sodium; 31 mg potassium.

Carbohydrate servings: 0

Exchanges: $\frac{1}{2}$ medium-fat meat

Tip: To hard-boil eggs, place in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.





Pancetta & Greens Frittata

Makes: 6 servings

Active time: 30 minutes **Total:** 35 minutes

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This frittata is packed with hearty greens and leeks with a touch of salty bacon or pancetta and Asiago cheese for flavoring. We tested the recipe both with egg substitute and whole eggs. It works great either way, but has fewer calories and less saturated fat when you use egg substitute.

- 2 tablespoons extra-virgin olive oil**
- 3 ounces pancetta or 3 strips bacon, cut into ½-inch pieces**
- 2 cups sliced leeks, white and light green part only (see Tip)**
- 2½ cups sturdy greens, such as kale, radicchio or mustard greens, any tough stems removed, thinly sliced**
- 1 16-ounce container liquid egg substitute, such as Egg Beaters, or 8 large eggs, beaten**
- 1 cup shredded Asiago or Parmesan cheese**
- ½ teaspoon freshly ground pepper**

1. Position rack in upper third of oven; pre-heat broiler.

2. Heat oil in a large broiler-safe nonstick skillet or cast-iron skillet over medium-high heat. Add pancetta (or bacon) and cook, stirring frequently, until crisp, 2 to 3 minutes. Reduce heat to medium. Add leeks and continue cooking, stirring frequently, until the leeks have softened, 4 to 5 minutes more. Add greens and cook, stirring, until they are just beginning to wilt, about 1 minute.

3. Meanwhile, whisk eggs, cheese and pepper in a bowl. When the greens are just starting to wilt, pour the egg mixture over the ingredients in the pan. Using a spatula, carefully scrape the eggs from the edges to the middle of the pan as they cook, allowing uncooked egg to flow under, about 3 minutes. When the eggs are nearly set, place the skillet under the broiler until the top is cooked and the eggs are slightly browned, about 2 minutes. Let stand 5 minutes.

4. To release the frittata from the pan, run a rubber spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

Per serving: 238 calories; 15 g fat (6 g sat, 4 g mono); 27 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 15 g protein; 1 g fiber; 595 mg sodium; 294 mg potassium.

Nutrition bonus: Vitamin A (109% daily value), Vitamin C (62% dv), Calcium (22% dv), Folate (18% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 2 lean meat, 1 fat

Tip: To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.

Roast Leg of Lamb, Cauliflower & Shallots

Makes: 12 servings, 3-4 oz. lamb & ½ cup vegetables each

Active time: 1 hour **Total:** 2½ hours

To make ahead: Prepare through Step 3, loosely cover with plastic wrap and refrigerate for up to 1 day.

Equipment: Kitchen string

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Even though lamb is available year-round, it's traditionally associated with spring. Here we slather this vernal meat with a tarragon-and-parsley rub and roast it with shallots and cool-weather-loving cauliflower. Experiment with colored varieties of cauliflower to wow guests or try it with romanesco—the striking spiral-covered relative of broccoli and cauliflower.

- 1 cup fresh tarragon leaves
- 1 cup flat-leaf parsley leaves
- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons Dijon mustard
- 2 cloves garlic
- Zest and juice of 1 lemon, divided
- 2 teaspoons salt, divided
- 1 teaspoon freshly ground pepper
- 1 4- to 4½-pound boneless leg of lamb, trimmed
- 1 pound shallots
- 2 medium heads cauliflower or romanesco
- 1 tablespoon capers, rinsed
- ½ cup reduced-fat sour cream

1. Preheat oven to 425°F.
 2. Place tarragon and parsley in a food processor. Add 2 tablespoons oil, mustard, garlic, lemon zest, 1 teaspoon salt and pepper and process until fairly smooth. Transfer 3 tablespoons of the mixture to a medium bowl; set aside for Step 6.
 3. If your lamb is in the oven-safe netted bag used by most supermarkets, remove the bag. Open the lamb so it's flat. Spread three-fourths of the remaining herb mixture over the surface of the lamb. Roll the lamb closed and tie in several spots with kitchen string so it is about the shape of a large football; transfer to a large roasting pan and spread the remaining herb mixture over the top and sides.
 4. (If you prepared the recipe to this point the day before, let the lamb stand at room temperature while you prepare the vegetables.) Leaving the root end intact, peel and halve shallots (quartering larger ones). Trim and cut cauliflower (or romanesco) into 2-inch florets. Combine the shallots and cauliflower in a large bowl with the remaining 2 tablespoons oil and 1 teaspoon salt.
 5. Roast the lamb in the center of the oven for 20 minutes. Add the vegetable mixture to the pan around the lamb. Continue to roast, stirring the vegetables every 20 minutes or so, until they are golden brown and an instant-read thermometer inserted into the thickest part of the meat registers 140°F (for medium-rare) to 145° (for medium), 1 hour to 1 hour 20 minutes more. Transfer the lamb to a clean cutting board and let rest for 10 minutes. Stir capers into the vegetables.
 6. Add lemon juice and sour cream to the bowl with the reserved herb mixture; stir to combine. Slice the lamb and serve with the vegetables and sauce.
- Per serving:** 311 calories; 14 g fat (4 g sat, 8 g mono); 96 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 33 g protein; 2 g fiber; 539 mg sodium; 838 mg potassium.
- Nutrition bonus:** Vitamin C (98% daily value), Zinc (38% dv), Folate (25% dv), Potassium (24% dv), Iron (19% dv), Vitamin A (18% dv).





Pineapple & Ham Bread Soufflé

Makes: 6 servings, about 1⅓ cups each

Active time: 25 minutes **Total:** 1¼ hours

Equipment: 2½-quart soufflé or casserole dish

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A bread pudding-soufflé hybrid, this dish gets its inspiration from a rich, pineapple soufflé traditionally served as an accompaniment to baked ham. We turned it into a main dish, putting the ham straight into the soufflé. Then, we improved the nutritional profile by omitting heavy cream and butter and choosing whole-wheat bread over white. For the best texture and flavor, look for soft whole-wheat sandwich bread without any added malt or molasses. Be sure to use canned, not fresh pineapple—fresh pineapple makes the soufflé too wet.

1 pound soft whole-wheat sandwich bread, crusts removed

6 large eggs, separated

¾ cup low-fat milk

3 8-ounce cans crushed pineapple, very well drained

1½ cups finely diced ham steak

3 tablespoons butter, melted

2 tablespoons sugar

¼ teaspoon salt

1. Preheat oven to 375°F. Coat a 2½-quart soufflé or casserole dish with cooking spray.

2. Process bread in a food processor in three batches, until coarse crumbs form (about 5 cups).

3. Whisk 2 egg yolks (discard the remaining yolks or reserve for another use), milk, pineapple and ham in a large bowl. Stir in the breadcrumbs and butter.

4. Beat 6 egg whites, sugar and salt in a medium bowl with an electric mixer on medium-high speed until soft peaks form. Gently fold the whites into the bread mixture in two batches. Transfer to the prepared dish.

5. Bake the soufflé until puffed, golden and an instant-read thermometer inserted into the center registers at least 160°F, 50 minutes to 1 hour.

Per serving: 475 calories; 16 g fat (7 g sat, 5 g mono); 117 mg cholesterol; 59 g carbohydrate; 24 g protein; 6 g fiber; 493 mg sodium; 320 mg potassium.

Nutrition bonus: Vitamin C & Iron (20% daily value), Calcium (16% dv).

Carbohydrate servings: 3½

Exchanges: 2½ starch, 1½ fruit, 2 medium-fat meat, 1 fat

Broccoli, Ham & Cheese Quiche

Makes: 6 servings

Active time: 20 minutes **Total:** 2 hours

To make ahead: Prepare crust; cool, wrap and refrigerate for up to 1 day. Let stand at room temperature while you continue with Step 3 and preheat oven.

Equipment: 9-inch springform pan

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This quiche recipe is full of broccoli, Cheddar cheese and smoky ham surrounded by a crispy hash brown crust. Look for precooked shredded potatoes in the dairy section or in the produce section—or use frozen hash brown potatoes in this easy quiche recipe.

- 16 ounces precooked shredded potatoes or frozen hash browns (thawed)
- 1³/₄ cups liquid egg substitute, such as Egg Beaters, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon canola oil or extra-virgin olive oil
- ¹/₄ teaspoon salt
- 2 cups finely chopped broccoli florets
- 1 cup shredded extra-sharp Cheddar cheese
- ³/₄ cup finely diced smoked ham
- ³/₄ cup reduced-fat sour cream
- ¹/₄ cup minced fresh chives
- ¹/₈ teaspoon freshly ground pepper

1. Preheat oven to 375°F. Generously coat a 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.

2. If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with ¹/₄ cup egg substitute, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.

3. Fill the crust with broccoli, cheese and ham. Whisk the remaining ¹/₂ cups egg substitute, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.

4. Bake the quiche until the center is just set, 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides and cut the quiche into wedges.

Per serving: 296 calories; 16 g fat (7 g sat, 5 g mono); 42 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 22 g protein; 2 g fiber; 603 mg sodium; 440 mg potassium.

Nutrition bonus: Vitamin C (52% daily value), Vitamin A (28% dv), Calcium (22% dv), Iron (16% dv), Zinc (15% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, ¹/₂ vegetable, ¹/₂ high-fat meat, ¹/₂ lean meat, 1 fat





Asiago, Artichoke & Spinach Soufflé

Makes: 8 servings

Active time: 30 minutes **Total:** 1-1¼ hours

To make ahead: Prepare through Step 3, cover and refrigerate for up to 1 day. Bring to room temperature before folding in egg whites. **Equipment:** Eight 10-ounce ramekins or a 2½-quart soufflé dish

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Try this rich-tasting cheese, artichoke and spinach soufflé recipe for your next brunch. If you can't find artichoke bottoms—literally the bottom of the artichoke heart without the leaves attached—you can substitute regular canned artichoke hearts instead. Just be sure to pat them very dry to prevent your soufflé from being too wet.

- 3 tablespoons fine, dry breadcrumbs
- 1 14-ounce can artichoke bottoms, drained
- 4 ounces (about 1¼ cups) chopped frozen spinach, thawed
- 1 cup finely shredded Asiago or Parmesan cheese
- ½ teaspoon freshly ground pepper
- 1½ cups low-fat milk
- 2 tablespoons unsalted butter
- 2 tablespoons canola oil
- ¼ cup white whole-wheat flour or all-purpose flour
- 4 large egg yolks, at room temperature
- 8 large egg whites, at room temperature
- ⅛ teaspoon salt

1. Position rack in lower third of oven; pre-heat to 375°F. Coat eight 10-ounce ramekins or a 2½-quart soufflé dish (or similar-size baking dish) with cooking spray. Sprinkle with enough breadcrumbs to generously coat the inside, tilting to evenly distribute; tap out excess. Place ramekins on a baking sheet.

2. Pat artichoke bottoms dry, chop and then pat dry again. Press thawed spinach in a fine sieve until very dry, then finely chop. Combine the chopped artichoke and spinach in a

bowl with Asiago (or Parmesan) and pepper.

3. Heat milk in a small saucepan over medium heat until steaming. Melt butter and oil in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking, for 2 minutes. Slowly whisk in the hot milk and cook over medium-low heat, whisking, until the mixture is the consistency of thick batter, 2 to 4 minutes. Transfer to a large bowl. Whisk in egg yolks, one at a time, until incorporated. Whisk in the artichoke-spinach mixture.

4. Clean and dry a large mixing bowl and beaters, making sure there are no traces of oil. (Any fat in your egg whites may prevent your soufflé from rising properly.) Beat egg whites in the bowl with an electric mixer on medium speed until foamy. Add salt; gradually increase speed to high and beat until shiny and stiff, but not dry. Do not overbeat: stop when the egg whites hold their shape in the bowl and on the beater but don't look overly dry or lumpy.

5. Using a rubber spatula, stir one-third of the whites into the egg-yolk mixture to lighten it. Gently fold in the remaining egg whites just until evenly distributed. It's OK if a few white streaks remain. Spoon the batter into the prepared dish(es).

6. Bake until puffed and firm to the touch, 20 to 24 minutes for 10-ounce soufflés, 38 to 42 minutes for a 2½-quart soufflé. (Resist the temptation to take a peek until the last 5 minutes of baking—an open oven door will let in too much cool air and may interrupt the rising.) Once out of the oven, even a beautifully puffed soufflé will slowly deflate, so go directly to the table to show off its beauty, then serve it at once.

Per serving: 197 calories; 13 g fat (5 g sat, 4 g mono); 112 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 11 g protein; 2 g fiber; 270 mg sodium; 188 mg potassium.

Nutrition bonus: Vitamin A (43% daily value), Calcium (17% dv).

Carbohydrate servings: ½

Exchanges: ½ starch, 1 medium fat meat, 1½ fat

Asparagus Salad Topped with Poached Eggs

Makes: 4 servings

Active time: 30 minutes **Total:** 30 minutes

To make ahead: Cover and refrigerate the dressing (Step 3) for up to 1 day.

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This asparagus salad topped with poached eggs is satisfying yet light, making it a nice option for lunch, brunch or even dinner with some crusty bread. Roasting brings out a toasty flavor in the asparagus. We like this salad with medium-set poached eggs so the yolks are still a little runny, but poach your eggs for the full 8 minutes if you prefer hard-set yolks.

2 bunches asparagus (about 1 pound each), trimmed

3 tablespoons extra-virgin olive oil, divided

½ teaspoon kosher salt, divided

½ teaspoon freshly ground pepper, divided

Zest of 1 lemon

2 tablespoons lemon juice

1 tablespoon minced shallot

½ teaspoon dry mustard

4 large eggs

¼ cup distilled white vinegar

1 7-ounce bag baby arugula (about 10 cups)

½ cup thinly shaved Parmigiano-Reggiano cheese (see Tip)

1. Preheat oven to 450°F.

2. Toss asparagus with 2 teaspoons oil and ¼ teaspoon each salt and pepper in a large bowl. Transfer to a large rimmed baking sheet. Roast, stirring once, until very tender, 15 to 20 minutes.

3. Meanwhile, whisk the remaining 2 tablespoons plus 1 teaspoon oil, the remaining ¼ teaspoon each salt and pepper, lemon zest, lemon juice, shallot and dry mustard in the bowl. Set aside 4 teaspoons of the dressing in a small bowl.

4. When the asparagus is done, set aside to cool while you poach the eggs.

5. Break each egg into its own small bowl. Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring to a boil. Add vinegar. Reduce to a gentle simmer: the water should be steaming and small bubbles should come up from the bottom of the pan. Submerging the lip of each bowl into the simmering water, gently add the eggs, one at a time. Cook 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain for a minute.

6. Toss arugula with the dressing in the large bowl. Divide the salad among 4 plates. Top with asparagus and a poached egg and drizzle with 1 teaspoon of the reserved dressing. Garnish with cheese.

Per serving: 239 calories; 18 g fat (4 g sat, 11 g mono); 217 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 13 g protein; 3 g fiber; 360 mg sodium; 534 mg potassium.

Nutrition bonus: Folate (60% daily value), Vitamin A (53% dv), Vitamin C (38% dv), Calcium (23% dv), Iron (16% dv), Potassium (15% dv).

Carbohydrate servings: ½

Exchanges: 1½ vegetables, 1½ medium-fat meat, 2 fat

Tip: To make shaved cheese for topping salads or pasta, use a vegetable peeler to thinly shave slices off a block of hard cheese, such as Parmigiano-Reggiano, Asiago or Pecorino Romano.





Roasted Spring Vegetables with Arugula Pesto

Makes: 8 servings, scant 1 cup each

Active time: 15 minutes **Total:** 40 minutes

To make ahead: Prepare pesto (Step 5); cover and refrigerate for up to 1 week or freeze in an ice cube tray. Transfer frozen cubes to a sealable plastic bag. Defrost as needed.

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These roasted vegetables tossed with arugula pesto are an easy side for a dinner party. Try serving them with a roasted leg of lamb. If you can find beautiful, freshly harvested small carrots, they'll look and taste the best in this dish.

Roasted Vegetables

- 4 cups baby or new potatoes, 1 to 2 inches in diameter, halved or quartered depending on size
- 5 teaspoons extra-virgin olive oil, divided
- 4 cups peeled baby carrots
- 1 bunch asparagus, trimmed and cut into thirds
- ½ teaspoon salt
- ½ cup baby arugula for garnish

Arugula Pesto

- 1 clove garlic, peeled
- 5 cups baby arugula
- ½ cup finely shredded Asiago cheese
- ¼ cup toasted pine nuts (see Tip)
- ¼ cup extra-virgin olive oil
- ¼ teaspoon salt

1. To prepare vegetables: Position rack in upper and lower thirds of oven; preheat to 425°F.

2. Toss potatoes with 2 teaspoons oil in a large bowl and spread on a large baking sheet. Roast in the lower third of the oven for 5 minutes.

3. Meanwhile, toss carrots with 2 teaspoons oil in the bowl and spread on another large baking sheet. After the potatoes have roasted for 5 minutes, place the carrots in the upper third of the oven and roast potatoes and carrots for 15 minutes.

4. Toss asparagus with the remaining 1 teaspoon oil in the bowl. Add to the pan with the potatoes, toss to combine and return to the oven. Continue roasting until all the vegetables are tender and starting to brown, 8 to 10 minutes more.

5. To prepare pesto: Meanwhile, drop garlic through the feed tube of food processor with the motor running; process until minced. Stop the machine and add arugula, cheese, pine nuts, ¼ cup oil and ¼ teaspoon salt. Pulse and then process, scraping down the sides as necessary, until the mixture is a smooth paste.

6. Toss the roasted vegetables with ½ cup pesto and ½ teaspoon salt in the large bowl (reserve the remaining pesto for another use: refrigerate for up to 1 week or freeze). Transfer to a serving dish and garnish with arugula, if desired.

Per serving: 157 calories; 7 g fat (1 g sat, 4 g mono); 2 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 243 mg sodium; 654 mg potassium.

Nutrition bonus: Vitamin A (167% daily value), Vitamin C (20% dv), Potassium (19% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1½ vegetable, 1½ fat

Tip: To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Strawberry Rhubarb Pie

Makes: 10 servings

Active time: 1 hour **Total:** 4½ hours (including chilling and cooling) **To make ahead:** Refrigerate dough for up to 2 days or freeze for up to 6 months. **Equipment:** 9-inch pie pan

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Crust

- 1¼ cups whole-wheat pastry flour (see Tip)
- 1¼ cups all-purpose flour
- 2 tablespoons sugar, plus 1 teaspoon for sprinkling (optional)
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water
- 1 large egg white, beaten, for brushing

Filling

- 2½ tablespoons instant tapioca
- 4 cups sliced fresh or frozen (not thawed) strawberries (about 1¼ pounds)
- 1 cup sliced fresh or frozen (not thawed) rhubarb
- ⅔ cup sugar
- 1 tablespoon lemon juice
- Pinch of ground nutmeg
- Pinch of salt

1. To prepare crust: Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar and salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap each in plastic and refrigerate for at least 1 hour.

2. To prepare filling: Just before you're ready

to roll out the dough, process tapioca in a spice grinder, mini food processor or blender until finely ground. Combine with strawberries, rhubarb, sugar, lemon juice, nutmeg and salt in a large bowl; toss well to combine.

3. Position a rack in the center of the oven and place a foil-lined baking sheet on the rack below; preheat to 425°F.

4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Moisten the outer edge of the dough with water. Scrape the filling and any accumulated juices into the crust.

5. To prepare lattice top: Roll the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into 1-inch strips using a pastry wheel or a knife. Lift off every other strip and lay them on top of the pie, leaving about a 1-inch gap between strips. Use the shorter strips for the edges and the longer ones for the middle of the pie. (You may not need to use the outermost strips.) Fold back the first, third and fifth strips of dough to the edge of the pie. Place a shorter strip of dough across the second and fourth strips, about 1 inch from the edge. Unfold the folded strips over the crosswise strip. Fold back the second and fourth strips over the first crosswise strip. Place another strip crosswise, about 1 inch from the first. Unfold the strips over the second crosswise strip. Continue folding back alternating strips and placing crosswise strips until the top is covered with woven strips. Trim any overhanging crust. Crimp the outer edge with a fork. Brush the dough with egg white; sprinkle 1 teaspoon sugar (if using) over just the lattice top, not the outer edge.

6. Bake the pie for 20 minutes. Then rotate the pie 180 degrees and lower the oven temperature to 325°. Continue baking until the crust is golden and the filling is beginning to bubble, 30 to 35 minutes more. Let cool on a wire rack for at least 2 hours before serving.



Per serving: 294 calories; 10 g fat (4 g sat, 3 g mono); 14 mg cholesterol; 47 g carbohydrate; 4 g protein; 3 g fiber; 82 mg sodium; 169 mg potassium.

Nutrition bonus: Vitamin C (70% daily value), Folate (16% dv).

Carbohydrate servings: 3

Exchanges: 1½ starch, ½ fruit, 1 carbohydrate (other), 2 fat

Tip: Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores or online. Store in an airtight container in the freezer.

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)